

**Statistics Report 15001, Fish, anchovy, european, raw**

**Report Date: June 25, 2017 17:08 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	73.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	131	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	548	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	20.35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	4.84	--	0.318	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	3.25	--	0.600	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	174	--	26.408	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	383	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	1.72	--	0.126	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.211	--	0.086	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.256	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	14.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.645	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin B-12	µg	0.62	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Retinol	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	1.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
12:0	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.302	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.715	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.624	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
22:1 undifferentiated	g	0.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	1.637	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
18:4	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.538	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.911	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Amino Acids													
Tryptophan	g	0.228	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.892	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.938	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.654	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.869	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.602	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.218	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phenylalanine	g	0.794	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.687	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.599	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.977	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.830	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003